

1. A system for providing secure E-mail services comprising:
 - a forwarding service operable to
 - receive an E-mail message for delivery to a recipient;
 - store the message at least temporarily in a storage means;
 - check for recipient preferences for delivery of the E-mail message content;
 - if no preference is specified and if Web-based delivery is specified, provide an E-mail notification to the recipient including a secure link to the message, and
 - respond to a page request from the recipient indicating the message including extracting the message from the storage means, formatting the message as a page and delivering the page to the recipient's web browser; and
 - if a preference for delivery other than Web-based is specified, deliver the message in accordance with the recipient's preference.